

GOLDEN GAZETTE

A Monthly Newspaper for Senior Adults in the Fairfax Area

MAY 2005

Serving Seniors for 29 Years

VOL. 29, NO. 1

May Is Older Americans Month

CELEBRATE LONG-TERM LIVING!



During the last century, the average American lifespan almost doubled! Older Americans are now living longer and healthier than ever before. At the same time, the baby boomers (those 78 million individuals born between 1946 and 1964) will start turning 60 in the year 2006. This is cause for celebration! More than ever

before, the wisdom that can only be accumulated over time will be available to succeeding generations.

Fewer older adults are requiring the kind of long-term institutional care that was once standard for our seniors. Today's Americans have more options and are choosing to enjoy more home and community-based long-term alternatives. Older individuals' continued active engagement in life benefits all generations. This is the time for the nation to begin planning to care for and capitalize on older Americans as one of our greatest assets.

This May, as we celebrate Older Americans Month, we will be considering the impact of the momentous

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This is an abridged version with links to senior centers and county tours. Policy prohibits publishing the ads that are included in the print version.

If you would like to receive the print version on a monthly basis, please e-mail kathy.wilson@fairfaxcounty.gov. It's free! Large-print and recorded formats also are available.

We welcome your comments (see page 2 for contact information).

An Ounce of Prevention

by Granger Benson, M.D.

Everyone agrees that our health care system should put more emphasis on prevention. Preventive health care can allow us to live longer, healthier lives and avoid conditions that can be successfully treated if discovered early.

The topic of prevention is confusing because so many experts and organizations differ in their recommendations. Fortunately, since 1984 a government-sponsored task force has been bringing order to this situation. Called the United States Preventive Services Task Force (USPSTF), this group of independent experts in primary care and prevention has been systematically reviewing the scientific evidence and publishing recommendations for health care providers and the public.

The USPSTF guidelines have become the "gold standard" for preventive services. However, the recommendations apply only to healthy adults with average risk. They should be thought of as the minimum that should be performed. With this in

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GOLDEN GAZETTE

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Department of Family Services

FAIRFAX AREA AGENCY ON AGING

12011 Government Center Parkway

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Fairfax, VA 22035-1104

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Toll-Free: 1-866-503-0217

TTY: 703-449-1186

FAX: 703-449-8689

Web Site: www.fairfaxcounty.gov/service/aaa

The *Golden Gazette* is a free, monthly newspaper dedicated to serving persons age 60 and over in Fairfax County and the cities of Fairfax and Falls Church.

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Publication of advertising contained herein does not constitute endorsement.



To comply with the Americans With Disabilities Act, the *Golden Gazette* is available in large-print and recorded formats. Call **703-324-5633** to request an alternative format.

DEADLINES

ALWAYS the first of the month a month in advance (for ads, ad payments, and announcements)

Issue

Due Date

June

May 1

July

June 1

August

July 1

ADDRESS ADDITIONS/CORRECTIONS AND CONTRIBUTIONS

Although the *Golden Gazette* accepts limited paid advertisements, reader contributions are critical to ensure continuation of the publication. We are very grateful to all of you who do send contributions, regardless of the amount (the average contribution is about \$7.00). ***Please note that contributions are entirely voluntary.***

If you have an address change, are receiving duplicates, or if you would like to make a contribution, please complete the form below and mail to: ***Golden Gazette, Area Agency on Aging, 12011 Government Center Parkway, Suite 708, Fairfax, VA 22035-1104.*** Checks should be made payable to **Fairfax County**. Please list your current address below or attach your mailing label and check the appropriate lines. If you prefer to call about address changes, the number is **703-324-5633**.

____ Contribution check attached.

____ I am NOT currently on your mailing list. Please add my name and address.

____ I am already on your mailing list.

____ I am moving. My new address in the Fairfax area will be:

NAME _____

CURRENT ADDRESS _____

Zip: _____

NEW ADDRESS (if applicable) _____

Zip: _____

TELEPHONE (in case we have a question) _____

The names and addresses of persons receiving the *Golden Gazette* are subject to disclosure pursuant to the Virginia Freedom of Information Act, VA Code Sec. 2.1-340 thru 346.1. Inquiries or complaints concerning this policy should be directed to the Fairfax Area Agency on Aging, 12011 Government Center Parkway, #708, Fairfax, VA 22035-1104.

The Fairfax Area Agency on Aging contracts with Southern Maryland Printing in Waldorf, MD, for printing and mailing services.

Fairfax Area Commission on Aging Monthly Meeting

The Fairfax Area Commission on Aging (COA) will meet on **Wednesday, May 18, at 1:00 p.m.**, at the Wakefield Senior Center (located in the Audrey Moore RECenter, 8100 Braddock Road, Annandale). A public comment period is held at the beginning of each meeting. (Note: The COA meets on the third Wednesday of each month, **except August.**)

Call **703-324-7746** for information or to be placed on the mailing list. If you need a sign language interpreter or any special accommodation or auxiliary aid, please call the Fairfax Area Agency on Aging at **703-324-5411** (voice) or **703-449-1186** (TTY) at least five working days in advance of the meeting. There is no charge for these services.

Go Easy on Home-Equity Loans

Provided by Tim Murray, CFP®

Homeowners are unlocking the equity built up in their homes like never before. But before opening the home-equity loan door, be certain you don't overextend yourself and put your home at risk.

With home values climbing dramatically in many regions in recent years, homeowners have piled up record amounts of home-equity-based loans, including a 35% increase in 2004, according to SMR Research Corp., a business and market research firm. Homeowners are tapping their equity so heavily that credit card companies are feeling the competition and are getting into the home-equity loan business. Also traditional lenders of home-equity loans, such as banks and credit unions, are providing various incentives to encourage people to borrow against their home.

The most popular type of home-equity loan these days is the home-equity line of credit—HELOC for short. HELOCs operate much like the line of credit in a credit card. The lender determines the maximum amount you can borrow against the equity in your home. You can borrow any amount up to that limit, and the interest charges apply only to the amount you borrow. Rates typically are around the prime lending rate, which was 5.5% in February 2005.

Say the line of credit is \$30,000 and you borrow \$4,000, leaving \$26,000 available for additional borrowing later. The interest charges are based only on the \$4,000, not the \$30,000 credit limit, just as they would be on a credit card. You might borrow \$4,000 today, pay part of it back, then borrow \$7,500 a few months later. Flexibility is the key to HELOCs.

Just as credit card interest rates fluctuate, so do interest rates on HELOCs. Lately, after record lows, those rates have risen as the Federal Reserve has raised short-term interest rates.

That's where the second type of home-equity loan comes in: the fixed-rate home-equity loan. Here, you take out a fixed amount at a fixed interest rate and make fixed payments for a specific loan period, much as you would with an automobile loan. Fixed-rate home-equity loans typically run 1 to 3% higher than HELOCs. But while short-term rates have climbed lately, long-

er rates have held, shrinking the gap between the two types of loans.

Beyond their relatively low rates compared with credit cards, home-equity loans have the added advantage of the interest on loans of up to \$100,000 being tax deductible. (Taxpayers subject to the alternative minimum tax can deduct the interest only if the loan is used to buy, build, or remodel their home.)

Financial planners commonly recommend that the line-of-credit loans be used for shorter-term, fluctuating needs, such as college expenses or perhaps emergency funding for unreimbursed medical bills. The idea is to pay off the loan fairly quickly.

The fixed-rate loans tend to be better suited to longer-term needs requiring a fixed amount, such as major home remodeling, which you can't pay off for a while. They often are used to consolidate and pay off higher-interest, nondeductible debt such as credit cards and auto loans. Loans for home improvements that can add value to the home also are recommended.

Whichever type of home-equity loan you are considering, and for whatever the purpose, keep the risks in mind. The biggest risk is that you can lose your home if you can't make the loan payments. In the case of a line of credit, rising interest rates could make it tough for households already financially squeezed. A drop in home values also could put a loan in jeopardy.

Another risk is that homeowners sometimes treat HELOCs like credit cards, using them for frivolous needs. A special concern is when a homeowner uses a HELOC to pay off nondeductible debt, such as credit cards, only to turn right around and start using the cards again. A consolidation loan works only if borrowers get to the root of the problem—their spending habits.

Source: This column is produced by the Financial Planning Association, and is provided by: Tim Murray, CFP®, CSA, an independent Certified Financial Planner™ practitioner and Certified Senior Advisor with Capital Planning & Investments in Fairfax, Virginia.

VOLUNTEER OPPORTUNITIES

One of the best ways to spend your time is to volunteer. Everyone benefits from volunteering. The agencies receive the help they need, and the volunteers receive satisfaction from helping others.

Frying Pan Park in Herndon needs volunteers to guide small group and individual tours of the 1930s-era Kidwell Farm House. Tractor drivers for interpretive hayrides also are needed. Training is provided. Call Sherry Bizette at **703-437-5318**.

The **Literacy Council of Northern Virginia** needs volunteers to teach English as a Second Language (ESL) classes. Volunteers teach foreign-born adults to read, write, speak, and understand English. Training is provided. Volunteers also are needed to tutor in libraries and other public places. Call Ellen Bloom at **703-237-0866**.

The **Meals on Wheels** (MOW) program needs volunteers to deliver meals in the Annandale area. Drivers deliver meals once a month on weekdays from 11:30 a.m.-1:30 p.m. Call the Volunteer Intake Line at **703-324-5406**.

The **Volunteer Home Services for Seniors** program needs volunteers in the Route 1 area to provide transportation for seniors. In the Falls Church area, volunteers are needed for a variety of jobs, including grocery shopping, light housework, yard work, and providing transportation. Call the Volunteer Intake Line at **703-324-5406**.

To have a volunteer opportunity considered for this column, e-mail or fax your submission to **Retha Lockhart** by the first of the month one month in advance.

E-mail:

retha.lockhart@fairfaxcounty.gov

Fax: 703-449-8689

Phone: 703-324-5407

Veterans' Event on the Mall

What: National Tribute to World War II Veterans

When: Sunday, May 8, 2005, at 1:00 p.m.
(Early arrival necessary)

Where: World War II Memorial on the National Mall, Washington, DC

Who: Open to the public. National military and congressional leaders expected to attend and serve as speakers.

General accommodations for buses and individual transportation to the event will be provided by shuttle bus from designated parking lots in Crystal City on Army Navy Drive at Fern and Hayes Streets, as well as from the Smithsonian (Blue and Orange lines) and Farrugut West (Blue and Orange lines) Metro stations beginning at 11:30 a.m.

This 60th anniversary of the end of World War II in Europe may be the last opportunity for many World War II veterans to receive the honor and recognition they so richly deserve. All World War veterans and an escort will be seated as close to the front of the ceremony as possible, with family members as close as possible in rows behind them. For additional information, call **703-588-7625** or check the Web site at www.60wwii.mil.

Living Will Forms Available

After all the controversy over the Schiavo case in Florida, many Americans are now keenly aware of the importance of having a living will to make certain their wishes are known about what treatment they want if they become unable to make medical decisions on their own.

Because the Fairfax Area Agency on Aging has received numerous inquiries about the *Virginia Advance Medical Directive* form, as a service to its readers, the *Golden Gazette* will provide up to two copies of the form. To request, please call the *Golden Gazette* hotline at: **703-324-5633** and leave a message that indicates:

1. Your name and address
2. Whether you want 1 or 2 copies
3. Your phone number, in case we have a question.

Medicare Part D or Not Part D: That Is the Question

The most controversial piece of the Medicare Modernization and Improvement Act (MMA) that was signed into law last year created Medicare Part D that provides optional outpatient prescription drug coverage to Medicare beneficiaries for the first time (effective January 1, 2006). This new drug benefit will be offered through private prescription drug plans (PDPs) offering drug-only coverage to supplement traditional Medicare health coverage, or through Medicare Advantage (MA) plans that offer comprehensive health care coverage in addition to prescription drug coverage. Does anybody remember the Medicare HMOs that provided similar coverage a few years ago? Here we go again!

The *Golden Gazette* will publish a series of articles to help you understand this complex set of rules and regulations. You will need to know who is eligible for Part D; should you enroll in Part D; how to enroll in Part D; how it will affect Medicaid beneficiaries; which drugs are covered under the new plan; and how much it will cost.

Confused yet? You can obtain more information by contacting Medicare at **1-800-633-4227**, the www.medicare.gov Web site, or keep reading the *Golden Gazette*. Personal education and awareness will be crucial. There are still some missing pieces to this puzzle, but the following timeline will provide some guidance regarding when various parts of the program will be implemented:

May 2005: The Social Security Administration (SSA) will begin mailing notices to 20 million Medicare beneficiaries informing them that they might be eligible for a low-income subsidy to pay for their Part D premium costs.

June 2005: Medicare will mail notices to the Medicare beneficiaries deemed eligible for a low-income subsidy informing them that they do not have to apply for the subsidy.

July 2005: SSA offices and state Medicaid agencies will initiate eligibility determinations on applications received for the low-income

subsidy. Applications also may be taken by telephone and online.

Fall 2005: Medigap insurers will send notices to policy holders in Plans H, I or J informing them of modifications to their current coverage and will explain whether or not such coverage will be considered “creditable coverage” for the purposes of determining if their current coverage is as good as or better than Medicare Part D.

October 2005: Medicare will mail notices to full dual eligibles (those persons receiving both Medicare and full Medicaid) informing them of the Part D plan into which they have been automatically enrolled. The notice also should indicate that they can change plans if they are not satisfied with the plan into which they were auto-enrolled.

October 15, 2005: Medicare will mail information to all Medicare beneficiaries outlining the Part D plans available in their geographic area. Each person will have two plans from which to choose.

November 15, 2005 to May 15, 2006: This is the Initial Enrollment Period (IEP) for the Part D program. If an existing Medicare beneficiary neglects to enroll in Part D during this time frame, they will face a premium penalty of 1% for each month they waited to enroll into the program, unless they can prove they had creditable drug coverage under another drug plan.

January 1, 2006: Dual eligibles lose prescription drug coverage under the state Medicaid program and Medicare Part D begins.

HEALTH INSURANCE QUESTIONS?

Call the Virginia Insurance Counseling & Assistance Program (VICAP) at

703-324-5851.

Affordable Homeownership Opportunity for Seniors

There will be several Affordable Dwelling Units (ADUs) available for purchase this year for households with a member at least 55 years old. Since these are adult communities, individual condominium offering documents also restrict other household members to adults at least 18 or 19 years of age or over, depending upon the condominium. Condominiums are available at affordable prices in brand new adult communities in which builders have set aside a portion of units for moderate for individuals earning up to 70% of the median household income for our area. To be eligible, your household must:

- Be a first-time homebuyer—defined as not presently owning a residence nor having owned a residence within the past three years (an exception can be given for displaced homemakers).
- Have a minimum income of \$25,000/ year.
- Have income within maximum limits of:
 - \$43,750 for a household of one
 - \$50,000 for a household of two
 - \$56,250 for a household of three
 - \$62,500 for a household of four.
- Attend an orientation session
- Attend a VHDA Homeownership Educational Class.
- Obtain a conditional preapproval letter from a lender.
- Attend an application session providing verifications.

The next orientation session will be held May 12, 2005, at 7:00 p.m., at the Fairfax County Government Center, 12000 Government Center Parkway, Fairfax, Rooms 2/3 and 4/5. Seating is on a first-come, first-served basis.

An expedited process can be arranged for senior households since there are currently one-bedroom plus den units available in Springfield. Other units will be available soon in Vienna.

Visit the Web site at fairfaxcounty.gov/homebuyer for more information, or call **703-246-5087** between 1:00 and 4:00 p.m. You also may visit the Homeownership Resource Center at 3700 Pender Drive, Fairfax. The hours are 9:00 a.m.-4:00 p.m., Monday-Friday, except Wednesdays, when the center is open from 1:00 -4:00 p.m.

May Is Elder Abuse Prevention Month

New legislation passed in the 2004 session of the General Assembly created additional mandates for Adult Protective Services (APS) workers. The Adult Protective Services Act clarifies and expands the list of mandated reporters to include persons licensed, certified, or registered by health regulatory boards. This clarification adds dentists, pharmacists, certified emergency medical services personnel, guardians, and conservators to the list of those mandated to report suspected elder abuse.

In Virginia, more than 12,000 cases of suspected elder abuse were reported and investigated by social services in 2003. However, it is estimated this represents only 16% of the abuse cases that occur.

The APS Act also allows civil penalties for nonreporting by mandated reporters. Thousands of cases of abuse, neglect, and exploitation of the elderly go unreported each year. By imposing civil penalties for nonreporting, it is hoped that those who are liable to report these crimes will now think twice before looking the other way.

Anyone can report suspected abuse of the elderly. Some signs to look for include: injuries that have not been properly cared for; burns, welts, scratches, bruises and fractures; signs of confinement; malnourishment; severe anxiety, fearfulness or depression; missing personal property or mismanaged property or savings.

If you suspect abuse of an elder or an adult with disabilities, report it to the Fairfax Department of Family Services at **703-324-7450** or call the 24-hour, toll-free hotline at **1-888-832-3858**.

SENIOR CENTER HIGHLIGHTS



These programs are administered by the Department of Community & Recreation Services, with the exceptions of the City of Fairfax and the City of Falls Church senior centers and the Gum Springs Community Center. If participation accommodations are needed in accordance with the Americans With Disabilities Act, please call 703-324-5544 or TTY 703-222-9693 at least 10 working days in advance of the event. **All events are free unless otherwise noted.** The symbol RR means reservations are required. These are just a few of the activities offered. Call the center nearest you for a complete listing or if you have questions. **The Senior Centers will be closed Monday, May 30, 2005.**

Bailey's
Bailey's Community Center
5920 Summers Lane
Bailey's Crossroads, VA 22041
Phone: 703-820-2131

Wednesdays 11:00 a.m., Chair Aerobics With Mindy.
 Wednesdays 12:30 p.m., Line Dancing With TJ.
 Thursdays 12:30 p.m., Computer Club House for Seniors.
 Fridays 10:30 a.m., Weekly Shopping Trip.
 Mon. 5/2 11:00 a.m., CVS Pharmacist Topic: *Skin Care*.
 Fri. 5/6 12:30 p.m., Mother's Day Tea.

City of Falls Church
223 Little Falls Street
(Next to City Hall)
Falls Church, VA 22046
Phone: 703-248-5020/5021

Reservations are required
for all trips, programs, and
guest speakers.

Mon. 5/2 10:15 a.m.-12:45 p.m., Fair City Mall. \$1 Van. (RR)
 Wed. 5/4 10:00 a.m.-12:00 p.m., Mother's Day Celebration. (RR)
 Thur. 5/5 9:00 a.m.-12:30 p.m., Trip: National Arboretum. \$3 Bus. (RR)
 Mon. 5/9 12:30-2:30 p.m., Lunch Bunch at City Diner. (RR)
 Wed. 5/11 12:00 p.m., *Lactose Intolerance* by George Matta. (RR)
 Thur. 5/12 9:00 a.m.-2:00 p.m., Trip: National Zoo. \$3 Bus. (RR)
 Fri. 5/13 10:15 a.m.-1:00 p.m., Trip: Old Town Alexandria. \$1 Van. (RR)
 Mon. 5/16 9:30 a.m.-12:30 p.m., Senior Health Fair. (RR)
 Thur. 5/19 10:15 a.m.-12:45 p.m., Trip: Potomac Yard Shopping. \$1 Van. (RR)
 Fri. 5/20 10:00-11:00 a.m., *Heart Smart Cookout* by Virginia Hospital. (RR)
 Wed. 5/25 10:15 a.m.-1:00 p.m., Trip: Drug Enforcement Administration Museum. \$1 Van. (RR)
 Fri. 5/27 10:30-11:30 a.m., Armchair Travel: Pacific Islands. (RR)

Franconia/Springfield
Lane Elementary School
7137 Beulah St.
Alexandria, VA 22315
Phone: 703-924-9762

Mondays 10:30 a.m., Chair Jazzercise.
 Mondays 12:30 p.m., Scrapbooking Crop. Call Center for Info.
 Tuesdays 10:00 a.m., Bridge. Need New Players.
 Thursdays 11:30 a.m., Healthy Eating. Swap Recipes/Make New Friends.
 Mon. 5/16 10:00 a.m.-2:00 p.m., Old Country Buffet. \$TBA. (RR)

Groveton at South County
8350 Richmond Highway
Ste. 325
Alexandria, VA 22309
Phone: 703-704-6216

Mon./Wed./Fri. 11:00.-11:45 a.m., Medium Impact Exercise.
 Mon.-Fri. 9:00 a.m.-4:00 p.m., Walking Club.
 Wed. 1:00-2:00 p.m., Dance Club—NEW!
 Thur. 12:30-1:30 p.m., Conversational Spanish With Julia.
 Thur. 12:30-2:00 p.m., Sewing Club.

S E N I O R C E N T E R

Gum Springs

Gum Springs Community Center
8100 Fordson Road
Alexandria, VA 22306
Phone: 703-360-6088

Mondays	10:00 a.m., Sewing and Quilting.
Tuesdays	10:30 a.m., Ceramics.
Wednesdays	10:30 a.m., Shopping/Bowling (Alexandria Bowling Center).
Thursdays	1:00 p.m., Bingo.
Fridays	10:00 a.m., Low-Impact Exercise.

Hollin Hall

1500 Shenandoah Road
Alexandria, VA 22308
Phone: 703-765-4573

Thur. 5/5	8:10 a.m., Beginning Tai Chi Class. (RR)
Fri. 5/6	10:00 a.m., Presentation: <i>Downsizing Your Belongings</i> . (RR)
Mon. 5/9	1:00 p.m., 2nd Annual "Senior Prom" With West Potomac Key Club. (RR)
Fri. 5/27	10:00 a.m., Poetry Appreciation With Patti. (RR)

James Lee

James Lee Community Center
2855 Annandale Road
Falls Church, VA 22042
Phone: 703-534-3387

Mon.-Fri.	9:00 a.m.-2:00 p.m., Free Billiards and Ping-Pong.
Mondays	10:30 a.m., Gentle Yoga.
Tue./Thur.	9:30-11:30 a.m., Fitness Center.
Tuesdays	10:30 a.m., Art and Mosaic Classes. \$5/Session.
Mon. 5/2	12:30-1:30 p.m., Tea Time/New Member Welcome.

Lewinsville

1609 Great Falls Street
McLean, VA 22101
Phone: 703-442-9075

Wed. 5/4	12:15 p.m., CVS Presentation: <i>Basic Drug Interactions</i> .
Thur. 5/5	11:30 a.m.-1:30 p.m., Cinco de Mayo Celebration.
Wed. 5/11	10:00 a.m.-2:00 p.m., Picnic at Great Falls National Park. (RR)
Thur. 5/12	10:15 a.m.-1:45 p.m., Luncheon at Mount Vernon Inn (Red Hats and Tie Guys Encouraged). \$12. (RR)
{ Thur. 5/12	10:00 a.m.-3:00 p.m., 2-Day AARP Driver Safety Program.
Fri. 5/13	Must Attend Both Days. \$10/Person. (RR)

Lincolnia

4710 North Chambliss St.
Alexandria, VA 22312
Phone: 703-914-0223

Thursdays	12:00 p.m., Duplicate Bridge. (Fee)
Fridays	10:00 a.m., Trips of Necessity. \$1 Fastran. (RR)
Tue. 5/10	10:00 a.m.-12:00 p.m., Blood Pressure Screening. (Walk-in)
Fri. 5/13	1:00 p.m., Birthdays/New Member Welcome. (RR)
Thur. 5/19	10:00 a.m., Trip: Hillwood Museum/Gardens. \$10 Ticket, \$1 Fastran. (RR)

Little River Glen

4001 Barker Court
Fairfax, VA 22032
Phone: 703-503-8703

Mon. 5/2	10:00 a.m., Mended Hearts With Helen C.
Thur. 5/5	10:15 a.m., Spanish Beginners I. (RR)
Tue. 5/10	11:00 a.m., CVS Presentation: <i>Basic Drug Interactions</i> .
Fri. 5/13	10:00 a.m., VIB (Visually Impaired/BlindAdult) Support Group.
Fri. 5/27	10:00 a.m., Blood Pressure Check.

HIGHLIGHTS CONTINUED

Lorton
7722 Gunston Plaza
Lorton, VA 22079
Phone: 703-550-7195

Wed. 5/4 10:00 a.m., Trip, Roosevelt Island Walking Tour and Picnic. Wear Your Walking Shoes! \$ (RR).
 Fri. 5/6 7:00-9:00 p.m., Community Coffee House Night. (RR)
 Mon. 5/9 10:00 a.m., Lion's Club Sight Mobile Screening Van. Free Vision Testing. (RR)
 Wed. 5/18 12:30 p.m., Joyce Fershing Presents *Learn About Acupuncture*. (RR)
 Thur. 5/19 12:30 p.m., Steve Guback Presents Travel Video to the French Riviera. (RR)

Pimmit Hills
7510 Lisle Avenue
Falls Church, VA 22043
Phone: 703-734-3338

Fri. 5/6 10:30 a.m., Asian Food Shopping. \$1 Bus.
 Wed. 5/11 1:00 p.m., Bingo Fun. \$1.
 Thur.-Sat. 5/12-5/14. Senior Games in Virginia Beach. \$/Event.
 Mon. 5/16 11:00 a.m., Jazzercise Class.
 Tue. 5/24 10:30 a.m., Musical Performance.
 Fri. 5/27 1:00 p.m., Line Dancing Class.

Reston-Herndon
1850 Cameron Glen Drive
Reston, VA 22091
Phone: 703-481-4200

Thur. 5/5 11:00 a.m., Cinco de Mayo Celebration.
 Tue. 5/10 12:30 p.m., CVS Presentation: *Cholesterol*.
 Wed. 5/11 1:00 p.m., Advisory Council. All Participants Welcome.
 Thur. 5/12 2:30 p.m., Grand Opening of Herndon Harbor House.
 Wed. 5/18 10:00 a.m.-2:00 p.m., Trip: RCC Luau. (RR by 5/11.)

Sully
5690 Sully Road
Centreville, VA 20124
Phone: 703-322-4475/4479

Mon. 5/2 11:00 a.m., CVS Presentation: *Skin Care*.
 Tue. 5/24 12:30 p.m., Fire & Rescue Program.
 Wed. 5/25 10:00 a.m., Line Dancing With the Cascade Steppers.
 Fri. 5/27 12:45 p.m., Bingo.
 Thur. 5/26 6:00 p.m., Charter Trip to Westfield High School for a Jazz Concert. (RR)

Wakefield
Audrey Moore RECenter
8100 Braddock Road
Annandale, VA 22003
Phone: 703-321-3000

Mon. 5/2 11:15 a.m., Fire & Rescue Department Presentation. (RR)
 Wed. 5/4 10:00 a.m., Trip: Postal Museum Union Station. (RR)
 Fri. 5/6 10:15 a.m., Mother's Day Tea.
 Fri. 5/6 11:00 a.m., Jasmine's *Nostalgic Entertainment*.
 Fri. 5/6 12:30 p.m., New Computer Class With Dawn. (RR)
 Wed. 5/18 11:30 a.m., Presentation: *Lactose Intolerance*.
 Fri. 5/27 12:30 p.m., May Birthday Celebration.

Additional Locations for Meals/Other Activities

David R. Pinn
Community Center
10225 Zion Drive
Fairfax, VA 22032
Phone: 703-250-9181

Huntington Community
Center
5751 Liberty Drive
Alexandria, VA 22303
Phone: 703-960-1917

City of Fairfax Senior Center
4401 Sideburn Road, Fairfax, VA 22030
Phone: 703-359-2487
 Call for information.

FREE HOME REPAIRS

Fairfax County's Home Repair for the Elderly Program provides free home repairs to homeowners who are 62 or older, and/or disabled; and have a maximum income of \$40,600 for 1 person, or \$46,400 for 2 persons.

Typical services include:

- Minor electrical repair • Plumbing work • Painting
- Repairing steps, floors, etc. • Minor accessibility modifications

Fairfax County Residents - Apply now for **FREE REPAIRS**

Call 703-246-5154 TTY: 703-385-3578



mind, let's take a look at the major recommendations that apply to those 65 and older:

Screening

The term screening refers to the application of simple, safe tests to detect conditions that are not evident through symptoms. Screening presumes first that the condition can be reliably detected by the screening test, and second that early recognition of the condition can lead to more successful treatment. The basic USPSTF screening recommendations for older adults are:

- ◆ Blood pressure, height, and weight—measure periodically, and certainly at every physician visit.
- ◆ Obesity screening—physicians should screen periodically for obesity and offer intensive counseling and behavioral interventions to achieve sustained weight loss.
- ◆ Cholesterol—check every 5 years.
- ◆ Mammography in women—perform every 1 to 2 years.
- ◆ Colorectal cancer—screen periodically, with the interval depending on the test. (Common tests include fecal occult blood screening, sigmoidoscopy with or without barium enema, and colonoscopy.)
- ◆ Osteoporosis in women—periodic screening with bone densitometry.
- ◆ Alcohol use—periodic screening and behavioral interventions to reduce the misuse of alcohol.
- ◆ Vision and hearing—periodic screening for visual disorders and hearing loss.
- ◆ Abdominal Aortic Aneurysm—the USPSTF advises one-time screening by ultra-sound for men between 65 and 75 who have ever smoked.

Immunization

Immunization is one of the safest and least costly ways of preventing serious illness. According to the USPSTF, generally healthy older adults should have the following immunizations:

- ◆ Tetanus-Diphtheria (Td)—a Td booster should be administered every 10 years.
- ◆ Varicella (VZV)—adults should receive the two-dose vaccine for this virus that causes chickenpox and shingles, if it is confirmed that they have never had chickenpox. As a practical matter, this recommendation is rarely applicable to older adults.
- ◆ Pneumococcal vaccine—adults over 65 should receive one dose of this immunization that protects against a common cause of bacterial pneumonia.
- ◆ Influenza vaccine—should be administered yearly in advance of the flu season.

Chemoprevention

The single USPSTF recommendation in this category is that physicians should periodically assess their patients for cardiovascular risk and offer daily low-dose aspirin to those at increased risk. There is strong evidence that aspirin reduces the chances of a heart attack, but aspirin is not completely safe. Therefore, those who benefit most from aspirin are individuals with risk factors for heart disease.

Counseling

Counseling by a health professional is an important component of prevention. For example, studies consistently show that smokers are more likely to quit if their physicians bring up the subject during routine office visits. The USPSTF advises counseling for:

- ◆ Calcium intake in women—postmenopausal women should be consuming 1000 to 1500 mg of elemental calcium daily.
- ◆ Tobacco cessation, drug and alcohol use, STDs and HIV, nutrition, physical activity, sun exposure, oral health, injury prevention, and polypharmacy.

Preventive Measures Not Mentioned

Careful readers by now will be wondering about certain common preventive measures not included on the foregoing list. For example, what about diabetes testing? Screening for prostate cancer? Pap smears for women over

event of the aging of our population. The theme "Celebrate Long-Term Living!" was selected to focus on what we have accomplished, and to highlight the need for mid-life and older persons to be better prepared for living out their golden years. Older adults and baby boomers need to make thoughtful choices now so they will be more likely to stay healthy, productive, and financially secure in their later years.

The U.S. Administration on Aging (AoA) wants all Americans to know that better plan-ning, better community-based long-term care options, and more consumer-friendly systems are helping more older Americans remain vibrant and independent. This is an important part of the general movement in our country toward more consumer choice. Studies have shown that, given the choice, older adults opt to remain in their own homes and communities as long as possible.

AoA is proud to sponsor programs that help them do just that. Using the best technology available, as well as the indispensable element of human caring, AoA is implementing programs that help older persons eat better and move about more, highlight the positive benefits of civic engagement, and redefine aging in our society.

The Fairfax Area Agency on Aging is one organization providing AoA-sponsored pro-grams to help older citizens celebrate long-term living. We invite participation from all who would like to help. We remind everyone that it is never too early to begin to explore the options available to you and your loved ones. We urge you to begin planning for your later years now.

Source: Administration on Aging.

Golden Girls Need New Players

The Golden Girls of Northern Virginia, a senior women's softball league, is looking for players. Any lady over the age of 40 is encouraged to join. All skill levels are welcome. The league plays on Wednesday evenings and Saturday mornings in Vienna.

For more information, please call Donna at **703-938-0387** and check out the Web site at www.goldengirls.org.

65? Well, remember that the USPSTF guidelines should be regarded as a minimum for healthy adults, and that the USPSTF only makes a positive recommendation if they regard the scientific evidence as solid.

In the case of prostate cancer, the USPSTF's current position is that the jury is still out. Organizations like the American Cancer Society feel otherwise. As for Pap smears, the USPSTF says that they are not needed after age 65 in normal-risk women with a history of previously normal Pap smears. Some gynecologists may disagree.

Tests to Avoid

It's worth concluding with a reminder that just because a test is available doesn't mean it should be done. For example, CAT scans are often used to diagnose cancer in the abdomen, but no responsible authority recommends doing them routinely as a screening test to detect silent cancers. The reason is that there is no evidence that CAT scans can reliably find cancers at a curable stage while also averting the risk of misleading results that can lead to unnecessary invasive tests or surgery.

The same reasoning applies to many other tests that are useful for diagnosing symptomatic conditions, but inappropriate for screening in healthy people. These include routine chest x-rays, ultrasound testing for vascular disease, routine treadmill tests, and many others.

Source: Dr. Benson is an internal medicine physician and president of Ready Hands Home Care, a Fairfax County company that provides companion care, personal assistance and other services to help seniors remain safely independent at home.

2005 FAIRFAX AREA FARMERS' MARKETS

TUESDAYS

- ✿ **Fairfax:** May 3-October 25
8:00 a.m.-12:00 p.m.
Van Dyck Park on Old Lee Highway, Rt. 237
- ✿ **Mt. Vernon:** May 4-November 22
8:00 a.m.-12:00 p.m.
Sherwood Regional Library
2501 Sherwood Hall Lane

WEDNESDAYS

- Herndon:** May 4-October 26
7:30 a.m.-12:30 p.m.
Frying Pan Park, 2709 West Ox Road
Call 703-437-9101 for info on this site only.
- ✿ **Vienna:** May 4-October 26
8:00 a.m.-12:30 p.m.
Nottoway Park, 9601 Courthouse Road

THURSDAYS

- ✿ **Annandale:** May 5-November 3
8:00 a.m.-12:30 p.m.
Mason District Park, 6621 Columbia Pike
- ✿ **Herndon:** May 5-October 27
8:30 a.m.-12:30 p.m.
Spring Street (*Next to Town Hall & Red Caboose*)

FRIDAYS

- Kingstowne:** May 6-October 28
4:00-7:00 p.m.
Kingstowne Center near Panera Bread
Springfield
- McLean:** May 6-November 18
8:30 a.m.-12:30 p.m.
Lewinsville Park, 1659 Chain Bridge Road

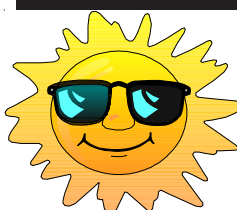
SATURDAYS

- ✿ **Burke:** May 7-October 29
8:00 a.m.-12:00 p.m.
VRE Parking Lot, 5671 Roberts Parkway
- ✿ **Reston:** May 7-October 29
8:00 a.m.-12:00 p.m.
Lake Anne Village Center
Call **703-324-5390** for 24-hour recorded message on market locations. Call **703-942-0128** (TTY-703-324-3988) for other information about the markets listed above. Web site: www.co.fairfax.va.us/parks/farm-mkt.htm.
- ✿ *Indicates a Master Gardener Plant Clinic from 9:00 a.m.-12:00 p.m.*

City of Falls Church Farmers' Market

When: Every Saturday
May 7-November 20
Time: 8:00 a.m.-12:00 p.m.
Where: City Hall Parking Lot
300 Park Avenue, Falls Church

For information, contact City of Falls Church Recreation & Parks at 703-248-5077 or via e-mail at recreation@ci.falls-church.va.us



BOOKS TO GO

The Fairfax County Public Library has introduced a new service that allows you to listen to audio books by

downloading them onto your computer or portable player.

These free audio books can be played on any personal computer that supports Windows Media Player 9.0 and above, and on a number of other devices, including portable music players offered by Dell, Gateway, Phillips/Nike, RCA, Samsung and Virgin; portable media centers, Pocket PCs and even some smart phone devices. (At this time, the audio books cannot be played on Apple equipment or iPods.)

You may check out audio books for three weeks, and borrow up to six books at a time. All you need is a Fairfax County Public Library card, which you can apply for online. The library's growing collection includes more than 700 bestsellers, business books, language tutorials, and more.

Let's Play Ball! Northern Virginia Senior Softball (NVSS) seeks men 50+ and women 40+ to play two 7-inning slow-pitch softball games on Tuesday and Thursday mornings. For information, call Dave Scheele at **703-524-5576** or Joyce Pfeffer at **703-860-1876**.

Monthly Support Groups

* The **Amputee Support Group of Northern Virginia** meets on the first Tuesday of every month, 7:30-9:00 p.m., at the Telestar Court Building, 2990 Telestar Ct., Gemini Room, Falls Church. Contact Irvin Axelrod at **703-222-7120** or asgnva@earthlink.net.

* The **Fibromyalgia/Arthritis Support Group** meets on the second Thursday of the month, 1:00 p.m., at Sherwood Library, 2101 Sherwood Hall Lane, Alexandria. Call Barbara at **703-913-0890**.

* The **Mended Hearts Support Group** meets on the first Wednesday of the month, 7:30-9:00 p.m., at the Telestar Court Building, 2990 Telestar Ct., Gemini Room, Falls Church. Contact John Braddon at **703-385-9694** or jbraddon@cox.net.

* The **Neuropathy Organization of Northern Virginia** meets on the second Saturday of the month, 1:30-3:30 p.m., at 2990 Telestar Court, Falls Church. Call Mary Baldrige at **703-491-6690**, or Joanne Holman at **703-998-8143**.

* The **Northern Virginia Post-Polio Support Group** meets on the second Saturday of each month, 10:30 a.m.-12:00 p.m., at the Mason Government Center, Annandale. Call **703-560-8852**.

* The **Northern Virginia Support Group of the Well Spouse Foundation (WSF)** meets on the third Monday of the month, 7:00-9:00 p.m., in Supervisor Bulova's Conference Room, at the Kings Park Library, 9000 Burke Lake Road, Burke. The WSF supports spousal caregivers for the chronically ill or disabled. Call **703-425-2430**.

* The **Parkinson's Disease Care Partners Support Group** meets on the third Wednesday of the month, 7:30 p.m., at Dolley Madison Library, 1244 Oak Ridge Avenue, McLean. Call **703-891-0821**.

* **Widow/Widower Support Groups** meet on the second and fourth Tuesdays of the month, 7:30-9:00 p.m. Sponsored by Haven of Northern Virginia, 4606 Ravensworth Road, Annandale. Call **703-941-7000**.

2005 White House Conference on Aging

The White House Conference on Aging (WH-CoA) is held once a decade to make aging policy recommendations to the President and Congress, and to assist the public and private sectors in promoting dignity, health, independence, and economic security of current and future generations of older persons.

The 2005 White House Conference on Aging occurs as the first wave of the baby boom generation prepares for retirement, creating an important opportunity to creatively assess aging in America and improve the lives of older Americans. The conference will be held October 23-26, 2005, in Washington, DC.

The conference is attended by appointed delegates and is not open to the public. Since August 2004, there have been more than 200 events held across the country to provide input to the 2005 White House Conference on Aging. These events, involving approximately 60,000 people, are organized by communities, academic institutions, business and industry, national and local organizations and coalitions, nonprofits, faith-based organizations as well as federal, state, and local agencies. The results of these events are important to the WHCoA Policy Committee as it continues to refine the Agenda for the conference and develop resolutions to be voted on by the delegates later this year.

The WHCoA is pleased to accept unsolicited comments from the general public. Your comments may be sent by e-mail to info@whcoa.gov or by regular mail to: 2005 White House Conference on Aging, 4350 East West Highway, Suite 300, Bethesda, MD 20814. Please mark your envelope: *WHCOA Comments*. You also may contact Moya Benoit Thompson at moya.thompson@whcoa.gov or call 301-443-2394.

The 2005 White House Conference on Aging encourages your participation in this historic effort to ensure a quality life for all current and future older Americans.

Caregiver Seminars

Spring 2005 Series

Registration for these events is not required but strongly encouraged so that adequate handouts are available. To register, request accommodations, or receive information on the entire series, call the Fairfax Area Agency on Aging at 703-324-5205 or TTY 703-449-1186. Leave your name, phone number, and the names of the session(s) you plan to attend. You also may find more information on the Web site at: www.fairfaxcounty.gov/service/aaa.

Wednesday, May 4, 12:00-1:00 p.m.

Pennino Building, 12011 Government Center Parkway, Virginia Room (10th floor), Fairfax.
For directions: 703-324-5411

Topic: *Humor for the Caregiver's Soul*

Presenter: Sue Stone, Outreach Coordinator, Alzheimer's Family Day Center

Laughter is the best medicine. Learn how to let humor help you survive the everyday challenges of caregiving.

Monday, May 9, 7:00 -8:30 p.m.

Alzheimer's Family Day Center, 2812 Old Lee Highway, Suite 210, Fairfax.

For directions: 703-204-4664

Topic: *Navigating the Legal and Medicaid Maze of Long-Term Care*

Presenters: Jean Galloway Ball, Elder Law Attorney, and Gail Hansen, Long-Term Care Benefits Supervisor, Fairfax County Department of Family Services

Legal planning during a period of care including Durable Powers of Attorney, Trusts, Living Wills, Guardianship and Conservatorship. How, when, and where to apply for Medicaid and what will need to be provided to determine eligibility.

Tuesday, May 17, 10:00- 11:30 a.m.

Mt. Vernon Adult Day Health Care Center, 8350 Richmond Highway, Suite 137, Alexandria.

For directions: 703-704-6050

Topic: *Mental Health Issues in Aging*

Learn about common mental health issues seen in the elderly and how these conditions present in this population. Learn when to seek professional help and how to access these resources.

Limited respite care will be available at this session. Call 703-704-6050 to reserve a spot.

Wednesday, May 25, 7:00-8:30 p.m.

Lewinsville Adult Day Health Care Center, 1609 Great Falls Street, McLean (enter on the left side of the building).

For directions: 703-734-1718

Topic: *Avoiding Financial Pitfalls When Paying for Long-Term Care*

Presenters: Mary Anne Ibach and Tom West, Financial Planners

In-depth discussion about cash flow planning, asset management, and liquidation strategies while paying for long-term care.

Tuesday, June 7, 7:00-8:30 p.m.

Herndon Senior Center, 873 Grace Street, Herndon.

For directions: 703-435-8729

Topic: *Home is No Longer an Option—Now What?*

Presenters: Karen Love, founder and chair Consumer Consortium for Assisted Living (CCAL) and representative from Housing and Community Development

Finding residential care for your family member can be a difficult and emotionally draining experience. This program will help you determine what to look for in a residential facility and how to sort through the maze of retirement communities, assisted living, group homes and skilled nursing facilities.

CAREGIVER'S CORNER

FREQUENTLY ASKED QUESTIONS

The Fairfax Area Agency on Aging frequently receives e-mails from caregivers inquiring about services available for an elderly parent. The following is a typical scenario. No actual letters are used.

Question: *My mother is becoming increasingly frail and there is no other family here. I work full time and have been feeling stretched to help meet all her needs. Can you highlight some services that are available for such seniors and their caregivers?*

Answer: First, consider talking with your mother and her physician about your observations. Perhaps there are some simple tests that could help determine if there is a medical condition that can be treated.

Then talk with your mother about what she needs, and what she calls you to assist with. Make a list. She may need help with shopping, transportation to medical appointments, laundry, and housekeeping. If you are concerned about her ability to keep up with her own personal care, or worried that she may slip in the bathtub, she may need someone to assist when she bathes. When the list is made, determine what you are able to do. Perhaps you can help with shopping on weekends, or do laundry while you visit.

There are some transportation options that may assist with getting your mother to the doctor. Perhaps you can arrange for her to be transported and then meet her at the doctor's office, so you do not have to take extra time off from your job to pick her up. For other needs, there may be services she can consider hiring. There are many companies that do cleaning. Check them out and compare. Ask neighbors who they use and whether they are satisfied.

You also asked about services for caregivers. Be aware of your own specific needs. If it is important for you to have a weekend day for you and other family members to be together, try to carve out that time. Save the other day for Mom.

A support group is a wonderful opportunity to be with other people who are providing care. You can learn how they are dealing with care issues, and make friends as well. Both male and female caregivers report a great sense of relief when they come to a support group and find people they can talk to without feeling burdened or guilty.

Be prepared to have a task on hand if someone offers to help. If you just say, "I will let you know if I need help," you probably never will. Instead, ask if a church member can occasionally provide a ride to services. Or let a neighbor pick up some items from the store mid-week when you can't get there. Allow them the satisfaction that comes from helping a friend.

See if these suggestions help your mother feel more stable at home. Remember to check her home for hazards like area rugs that slip or phone cords that hang down.

If you need information about accessing care, call the Fairfax Area Agency on Aging, at **703-324-7948**. If your loved one lives in another state, you may call the Eldercare Locator at **1-800-677-1116** to find out about services in that area.

Also call if you have topics you would like addressed in the future in the "Caregiver Corner" column.

Grief Support Groups

The Church of the Nativity, at 6400 Nativity Lane, Burke, sponsors two free monthly grief support groups:

1. General Bereavement Support Group. Meets 7:30-9:00 p.m., the first and third Thursday of each month. Open to adults of all faiths. For information, call Carol Mack at **703-455-2400**.
2. Grief Support Group for Men. Meets 7:30-9:00 p.m., the second Thursday of each month. Men of all faiths are invited. Call **703-455-2400, Ext 234**.

COMMUNITY CALENDAR

May 3. 1:30-3:30 p.m. Aging in Place Workshop. Learn about medical and nonmedical services that help seniors to stay at home despite an illness or medical problem. Also learn about services that can make the transition less stressful for those who cannot remain at home. Reston Community Center, Hunter Woods, 2310 Colts Neck Rd., Reston. Free but registration is required. Call **703-476-4500**.

May 8. 2:00 p.m. Mother's Day Wildflower Walk. A park naturalist will lead the free walk, identify flowers and discuss their folklore and uses. Reservations required for adults and children age 6 and older. Potomac Overlook Regional Park, 2845 N. Marcey Rd., Arlington. Call **703-528-5406**. Web site: www.nvrpa.org.

May 13. 10:00 a.m.- 2:00 p.m. Spring Open House. The Osher Lifelong Learning Institute (OLLI) at George Mason University welcomes seniors to share an OLLI experience. Sample classes and entertainment. Tallwood Campus, 2410 Roberts Rd., Fairfax. Call **703-503-3384**.

May 14-15. 10:00 a.m.-5:00 p.m. Battle of New Market Reenactment and Living History Weekend. This year marks the 136th anniversary of the fateful day in May 1864 when young men clashed on the battlefield of New Market. New Market Battlefield State

Park. **540-740-3212**. Web site: www.vmi.edu/museum/nm.

May 21. 10:00 a.m. Early Memory Changes: What Can I Do? An Inova physician and a psychologist discuss options. Refreshments provided. Dolley Madison Public Library, 1244 Oak Ridge Ave., McLean. To register, call **703-204-3366**.

May 21. (Rain date 5/22) 8:00 a.m.-2:00 p.m. Community Yard Sale. River Towers Condominium, 6641 Wakefield Dr. (Guest Parking Lot), Alexandria. Call **703-768-9261**.

May 22. 2:30 p.m. Hexagon, Washington's Original Political, Satirical, Musical Comedy Review, With Levity and Jest for All. A fund-raiser for the Shepherd's Center of Oakton-Vienna. The funds provide services to assist older adults to live independently and offer programs providing opportunities for learning and socialization. The show is held at James Madison High School, 2500 James Madison Dr., Vienna. Tickets \$20. Checks payable to Shepherd's Center of Oakton-Vienna. For information, call **703-281-0538**.

May 23. 2:00 p.m. Planning Day Trips Using the Web. Learn how to use the Internet to plan jaunts around the Washington area. George Mason Public Library, 7001 Little River Turnpike, Annandale. Call **703-256-3800**.

May 30. 12:00-2:00 p.m. Memorial Day Barbecue. Join the happy group at Sunrise of Countryside for a barbecue lunch to celebrate the holiday. 45800 Jona Drive, Sterling. RSVP required. **703-430-0861**.

"Could Somebody PLEASE Turn Down the Television!"

If you or someone you love has a hearing loss, come to **Celebrate Communication 2005** on Saturday, May 14, from 10:00 a.m.-3:00 p.m. This free event will be held at George Mason University's Center for the Arts, 4400 University Drive, Fairfax, VA. There will be more than 50 exhibitors, as well as presentations, demonstrations and activities on topics such as hearing aids, assistive technologies, Sign language, local support groups, and hearing dogs. This event also will feature activities for children.

For continuous updates, visit the Northern Virginia Resource Center Web site at www.nvrc.org, or call **703-352-9055 (V), 9056 (TTY)**.

